

Silver Threads

November 2022
Vol 9 No 5

TOWNSEND SENIOR CENTER

**Don't forget advance registration is required for all programs.
You can register at myactivecenter.com!**

This provides patrons an option to sign up for programs online through your computer, tablet or smart phone.

Or you can call us at 978-597-1710. Thank you!

Important Note: If you can't make it to something you've signed up for, please remember to cancel your reservation. Someone may be waiting for a spot!

From the Desk of the Director -

As we get together with friends and family later this month many of us will be contemplating what we are thankful for. Usually the answers are easy, or even canned; the friends and family members sitting with us, our health, our good fortune.

I used to think it was funny when we would go around the table telling what we were thankful for and I would say, "hot running water." It made my brother giggle and later my sons, but I guarantee you there are plenty of people in this world who would relish the idea of having hot running water—even one day a week. Especially now when war is raging around the globe, megalomaniacs have only their personal interests in mind, natural disasters have hit many of those we love, costs are soaring and difficult choices will probably need to be made in the very near future.



In the aftermath of Hurricane Ian I heard one survivor speak of how generous and good people have been. There were tears in her voice. She didn't care what political party these people belonged to, nor their religion, gender, color or any of the divisive things we hear so often about. She just said people are good.

People are good. We have to believe this! We have to believe that we all want more of the same things than we want different things. We have to believe in each other and that we can create good, be good, do good. If we don't there will be fewer things to be thankful for and more things that cause us stress, anxiety, fear and heartache. At the Townsend Senior Center we truly believe this is possible and that is why this is where you WANT to be!

Have a very Happy Thanksgiving! - Karin

What are you thankful for?

Find the Box of Thanks and put a note in it.

They will be displayed during the Mark Lynch Thanksgiving dinner. We look forward to seeing you there!

Karin Canfield Moore, Director
Elise Johnson, Assistant Director & Program Coordinator
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Senior Meals Associate
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator & Outreach
Greg Smith, Assistant Program Coordinator

Townsend Senior Center Hours
Monday-Friday: 9am-3pm
Wednesday: 9am-8pm
16 Dudley Road, Townsend, MA 01469
978-597-1710

<https://www.townsendma.gov/senior-center-council-aging>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 *Massage 9:00 Quazy Quilters 9:30 Poetry 9:30 Walking Club 10:30 CBG Jam 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing 1:30 Mani. & Facials	2 *Medicare 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 4:00 Grief Support 5:30 Create a Cookie 6:00 Friends 6:30 TOPS	3 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Healthy Living 11:15 Tai Chi 12:00 Donna's Diner 12:30 Mexican Train 1:00 Cribbage 1:00 Tech Help 1:30 Charcoal Drawing 1:30 Osteo Movement	4 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Weaving Drop-In 11:00 Scrabble 11:00 Women's Meditation 12:30 Movie Matinee <i>"The Duke"</i>
7 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 10:00 Coffee & Conv. 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	8 *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	9 *Medicare 10:00 Chair Exercise 10:00 Watercolor 11:30 Seminar: Proactive Brain Health 12:00 Wellness Clinic 1:00 Bingo 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 6:30 TOPS	10 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 Donna's Diner 12:00 Podiatrist 12:30 Mexican Train 1:00 Cribbage 1:30 Charcoal Drawing 1:30 Osteo Movement	11 Closed For Veteran's Day
14 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 10:00 Coffee & Conv. 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	15 *Massage 9:00 Quazy Quilters 9:30 Poetry 9:30 Walking Club 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing	16 *Medicare 10:00 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:00 Monthly COA Mtg 3:30 Hybrid Yoga 6:30 TOPS	17 *Massage 9:00 Cribbage Tournament 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Diabetes Support 11:15 Tai Chi 12:00 Donna's Diner 12:30 Mexican Train 1:00 Tech Help 1:30 Charcoal Drawing 1:30 Osteo Movement 1:30 Galloping Gourmet	18 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Podiatrist 10:00 Weaving Drop-In 10:30 Genealogy 11:00 Scrabble 11:00 Women's Meditation 12:30 Movie Matinee <i>"Planes, Trains & Automobiles"</i>
21 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 10:00 Coffee & Conv. 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics 5:00 Thanksgiving Dinner	22 *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	23 *Medicare 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Book Club 2:00 Watercolor Closing at 3pm	24 Closed For Thanksgiving	25 Closed For Thanksgiving
28 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 10:00 Coffee & Conv. 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	29 *Massage 9:00 Quazy Quilters 9:30 Walking Club 10:30 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing	30 *Medicare 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 6:30 TOPS	November	

Fitness and Exercise *RSVP required for ALL programs - 978-597-1710*

Senior Fitness

Thursdays at 9:15am (live instructor - \$5 per class)
Mondays 9:00am (DVD)

Chair Exercise

Mondays, Wednesdays and Fridays at 10am

Walking Club

Tuesdays and Thursdays at 9:30am
Inside and outside options, weather depending.

Learn to Tap Dance

Mondays at 1pm; \$5 per class
You can't help but feel joyful learning this dance style!
Tap shoes helpful but not required; we can loan some.

Tai Chi

Thursdays at 11:15am \$5 per class
Join Jeff for this Chinese martial art practiced for health benefits and meditation.

Line Dancing

Tuesdays at 1:30pm \$5 per class

Move your body with Carin:

Hybrid Yoga; \$5 per class

(Chair and floor options)

Mondays at 11:00am and Wednesdays at 3:30pm

Osteo Movement

Mondays at 2pm and Thursdays at 1:30pm; \$5 per class

Offers everything! Posture, balance, core strength, etc.

You must be able to commit to 2 days a week for 8 weeks! Bring a mat and walking stick.

Beginner Yoga

Fridays at 9:30am; \$5 per class

Building Memory Skills

Thursdays at 10am; \$5 per class

Do you struggle to remember things? Is your eye-hand coordination lacking? This class is for you!

For Your Health *RSVP required for ALL programs - 978-597-1710*



Massage with Morningstar:

Tuesdays and Thursdays by appointment
\$45/50mins.



Sarah from Footcare Focus

will offer podiatry services
Thursday, Nov. 10th from 12pm to 3pm
Friday, Nov. 18th from 10am to 1pm
Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, November 9th from 12-2pm
BP screening, glucose check, etc.



Hearing Clinic

Wednesday, November 16th at 10am



Women's Meditation

Fridays at 11am

Water aerobics at the YMCA!

Mondays at 3pm
Bus leaves the Senior Center at 2:30pm
Call for more information.

Manicures and Facials

First Tuesday at 1:30pm by appointment

TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm

Reach your weight-loss goals by getting the tools, information and support you need to succeed.

Dementia Nurse Consultation By appointment.

Bernadette Oinonen, MS, RN served the senior population for over 35 years supporting and educating family caregivers of clients with dementia. All parties benefit learning to navigate the journey they may travel.

Healthy Living

Thursday, November 3rd at 11am

This group offers the opportunity for open discussion on healthy eating, exercise, and well-being.

Diabetes Support

Thursday, November 17th at 11am

Come in for information on how to manage your diabetes with confidence.

A very special Grief Support Group

Wednesday, November 2nd at 4pm

Join us as we remember all those who have died in a cultural celebration.
Wonderful way to share our diverse ways of honoring our loved ones.

We will be decorating Day of the Dead Sugar Cookie Skulls afterwards

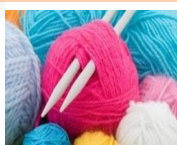
offered by Nashoba Nursing Service and Nashoba Associated Boards of Health.
Call 978-597-1710 and reserve your seat.

Technology Help

Do you have a phone or tablet and need to learn to use it?

Learn to use popular programs including Zoom, PayPal, Gmail, Facebook
First and Third Thursdays at 1pm
Call 978-597-1710 to make an appointment. No charge.

ARTS AND CRAFTS *Registration required for ALL programs - 978-597-1710*



Knotty Knitters

Mondays at 12:30pm Knit or crochet with other beginners or get help from those who are more experienced.



Alcohol Ink Jewelry

2nd and 4th Tuesdays at 1pm
Limited to 12 students. Cost is \$12 including materials.



Watercolor with Sue!

Wednesdays at 10am and 2pm
\$20 per month.
Limit of 12 students per class.



Weaving Classes:

Mondays at 12:30pm.
Weave a butterfly for the Christmas Festival tree. Small material fee.



Weaving Drop-In

Fridays 10am-noon
This is a time to come in to finish a project or bring your own project.



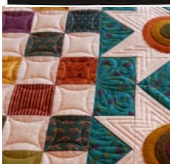
Felting

2nd and 4th Tuesdays at 9:30am
Felt a butterfly for the Christmas Festival tree. Small material fee.



Charcoal Drawing with Sue!

Thursdays at 1:30pm
Charcoal has unique characteristics that will encourage your creativity. \$15 one time fee. Limit of 12 students.



Quazy Quilters

Tuesdays from 9am to 3pm
1st, 3rd & 5th Wednesdays at 1:00pm
Work on your latest project, or use our supplies to create something new!



Scrapbooking

Second Wednesday at 3pm
Bring your own supplies or use ours!



Wood Carving

Thursdays, 9:30am-noon
Experienced carvers and beginners

For Fun *Registration required for ALL programs - 978-597-1710*

Women's Conversation

First & Third Tuesdays at 11am



Trivia

First & Third Tuesdays at 1pm



Cigar Box Guitar Slow Jam

Tuesday, November 1st at 10:30am



Book Club

Wednesday, November 23rd at 1pm
"The Girl with the Louding Voice"
by Abi Dare



Bingo

Wednesdays at 1pm
Cost: \$5.00; limit 4 cards.



Hope Community Chorus

Mondays at 10am



Genealogy with Dwight Fitch

Friday, November 18th at 10:30am
Trace your ancestry and find out where your family tree has roots.



Movie Matinees:

Friday, November 4th at 12:30pm

"The Duke"

Helen Mirren and Jim Broadbent

Friday, November 18th at 12:30pm

"Planes, Trains, and Automobiles"

A Thanksgiving classic;

Steve Martin and John Candy

Pizza provided by Friends of the Townsend Seniors



Mexican Train Dominoes

Tuesdays at 10:30am
and Thursdays at 12:30 pm



Scrabble or Backgammon or Chess...

Fridays at 11am



Rummikub

Mondays at 1pm



Wii Bowling

Mondays at 1 pm



Cribbage

Thursdays at 1pm, except...
Tournament on 11/17 at 9am



"To be or not to be: that is the question"...Poetry Class beginning November 1st!

Come nurture your inner poet. Express your creativity through writing and learn about the various styles of poetry. Bring your favorite notebook and pen. Class begins at 9:30am and meets every first and third Tuesday of the month.

Special Events *RSVP required for ALL programs - 978-597-1710*



Galloping Gourmet: Lunchtime Edition

Cozy Tea Cart Café in Brookline, NH

Thursday, November 17th

Van leaves TSC at 1:30pm. \$3.50 transportation fee plus the cost of meal

*Limited to
12 Guests*



Medicare Counseling by Appointment

Provided by Integrity Medicare Advisors

All Wednesdays in November at 2pm

Call the Senior Center at 978-597-1710 to make a 1 hour appointment!

Bridges Presentation—Healthy Mind, Healthy Body

Wednesday, November 9th @ 11:30am—Please register by November 4th

Free Italian buffet lunch while you learn about ways to keep your brain healthy!

Thanksgiving Dinner

Hosted by Mark Lynch, this popular social event is back!

There is no charge for this Turkey dinner with all the fixins'

*Monday, November 21st @ 5pm **Please register in advance***



November Lunches

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

Onsite lunches

Tuesdays: Soup & Salad Bar

Wednesdays: Heart to Home Meals

Thursdays: Donna's Diner

Tuesday	Wednesday	Thursday
11/1: Soup & Salad	11/2: Heart to Home <i>Chicken a'la King</i>	11/3: Donna's Diner <i>Toasted Tuna and Tomato Sandwich</i>
11/8: Soup & Salad	11/9: Seminar w/Lunch Proactive Brain Health	11/10: Donna's Diner <i>Salmon w/Dill Sauce</i>
11/15: Soup & Salad	11/16: Heart to Home <i>Crumb-Topped Cod</i>	11/17: Donna's Diner <i>Meatloaf w/ Potatoes and Vegies</i>
11/22: Soup & Salad	11/23: Heart to Home <i>Hearty Pork w/Stuffing</i>	11/24: Closed
11/29: Soup & Salad	11/30: Heart to Home <i>Buffet</i>	

Do you miss our Social Room?

Join us on Mondays beginning
November 7th for

Coffee and Conversation

Drop in between 10am-12pm to connect
with friends and make new ones!

September

Cribbage Tournament Results!

Winner: Betsy Glow, 705 Points

Runner Up: Helen Roy, 703 Points

High Hand: Frank Corrieri, Helen Roy, 20



Meet Elise Johnson!

I am the new Assistant
Director/ Program
Coordinator at this
wonderful Senior
Center.



I'm learning the ropes
and will strive to bring even more programs and
fun to this already happening place. You may
recognize me from the library where I worked
for the past 9 years.

A little bit about me; I love to walk, explore
nature and cook. I have 2 daughters, ages 22 and
20 and a treat-loving 13 year old Shih-tzu dog.

Thank you everyone for the extremely warm
welcome I have received! I am thrilled to be here
and look forward to getting to know more of you.

*Beth Walsh from Senator Cronin's office
will be here Thursday, November 17th from
11:30-1:00*

*to join us for lunch, visit with you
and discuss your concerns.*

You can also call her at 617-722-1230

The Townsend Meeting Hall Gallery needs you!

What kind of art displays do you want to see?

Please fill out the survey located
in the Senior Center hallway

Important Phone Numbers

Community Services:

Elder Abuse Hotline: (800) 922-2275

Executive Office of Elder Affairs: (617) 727-7750

Fuel Assistance: (978) 342-4520

Aging Services: (978) 537-7411

Nashoba Nursing Service: (978) 425-6675

Townsend Ecumenical Outreach (Food Pantry):
(978) 597-2209

SHINE Medicare Counseling: 508-422-9931

Meals on Wheels Provided by MOC
Call: 978-345-8501 Ext. 5 to register

Hot meal includes:

Entree, Bread, Fruit, Milk

Meals Delivered Monday & Wednesday
each week between 11am –12:30pm.

*Someone must be home to receive the
meal.*

Please let us know if you are living alone and would like a weekly phone call to check in on you.

ROAD RUNNER BUS SCHEDULE

Schedule all appointments by calling 978-597-1730.

ALL stops must be scheduled. Up to two stops are included in your fare.

For each additional stop, you will be charged 50 cents per stop.

Masks are optional. This could change at any time based on local, state or national guidance.

DESTINATIONS:

- Medical:** Doctors, Dentists, Therapies, Lab work, etc.
(Please schedule morning appointments with your physician/provider).

FARES (One Way):

- Within Townsend: \$1.25; Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Senior Center (roundtrip): 50¢

**Buy a Bus Card
and Save!
10 rides
\$22.50 (In Town)
\$31.50 (Out of Town)**

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am-12:00pm	Pepperell (Medical)	Leominster (Medical)	Townsend (Medical)	Groton, Ayer (Medical)	Lunenburg, Fitchburg (Medical)
Afternoons 1:00-3:00pm	Townsend (Errands)	Leominster (Errands)	Townsend (Errands)	Townsend (Errands)	Fitchburg (Errands)
			Wednesdays 3:00-8:00 PM By Appointment		



**The Senior Center Kitchen needs donations
of soup stock (chicken and beef, not cubes)
and 6 inch paper plates.**

**Do you want to help the Senior Center?
Please consider joining the Friends of the Townsend
Seniors and help their fundraising efforts. Thank you!**

Friends of the Townsend Seniors - Become a Member Today!

You don't have to be a Townsend resident, you don't even have to be a Senior Citizen, whatever that is. *We've heard it's merely a state of mind.*

The only requirement is an interest in the Friends' activities, mission and goals and a desire to support the Townsend Senior Center and the entire senior community - 25% of Townsend's population.



___ New membership ___ Renewal ___ \$5 Friend ___ \$10 Family \$ ___ Benefactor

___ I am interested in volunteering for:

___ Program Development ___ Fundraising ___ Baking ___ Recruiting volunteers. ___ Other

Name: _____ Mailing Address: _____

Phone: _____ Email: _____

To learn more about the Friends - our mission, membership and reorganization plans contact:
friendsofthetownsendseniors@hotmail.com

Mission Statement: *The Townsend Council on Aging is committed to the continued growth and wellbeing of our senior citizens by providing programs, education, information and referral services with a goal of helping seniors achieve the best quality of life possible.*